

Addiction	Brain Chemical Affected	Deficiency Symptoms	Supplement	Anticipated Behavioral Change
- Heroin - Morphine - Prescription pain medication - Alcohol - Marijuana - Tobacco - Sweets - Starches	Endogenous opioids (Enkephalins & Endorphins)	Contributes to reward deficiency symptoms. Become sensitive to emotional or physical pain. Have desire for certain drugs or foods.	D-Phenylalanine or DL-Phenylalanine (Foods: Fish, beef, poultry, pork, cheese, yogurt and eggs.)	Diminish cravings for drug of choice. Help improve depression symptoms. Increase focus and energy.
- Cocaine - Methamphetamine - Amphetamine - Caffeine - Marijuana - Alcohol - Tobacco - Sweets - Starches <i>Note: All drugs affect dopamine in the reward center</i>	Dopamine & Norepinephrine	Contributes most to reward center deficiency. Becomes sensitive to emotional or physical pain. Cravings for comfort and pleasure and desire for certain drugs or foods. Affects memory and attention.	L-Tyrosine or L-Phenylalanine (Foods: Dairy products, fish, eggs, nuts, wheat, oats and beans.)	Diminished cravings for drug of choice and also for caffeine, tobacco, chocolate sweets and starches.
- MDMA (Ecstasy) - LSD - Cocaine - Alcohol - Sweets - Chocolate - Tobacco - Starches - Marijuana	Serotonin	Contributes to low self-esteem, irritability and impulsivity. Obsessive compulsive behavior. Problems with sleep and appetite. Cravings. Negative emotional states.	L-Tryptophan or 5 hydroxytryptophan (5HTP) (Foods: Turkey, chicken, milk, sunflower seeds, seaweed and potatoes)	Decrease Cravings, improved sleep. Improved depression symptoms. Decrease in negative moods.
- Valium - Alcohol - Marijuana - Tobacco - Sweets - Starches	GABA (Gamma-amino butyric acid)	Easily stressed, tight and tense muscles. Nervousness	GABA (Gamma-amino butyric acid) (Foods: Almonds and walnuts, brown rice, oats, potatoes, halibut, bananas, citrus fruit, spinach.)	Relaxation and calmness. Less stress and tension.
- Sweets - Starches - Alcohol	GABA	Can lead to Hypoglycemia, easily stressed. mood swings.	L-Glutamine (Foods: Meat, seafood, milk, nuts, eggs, beans, cabbage.)	Less craving for sweets, starches and alcohol. Helps to level blood sugar. Improves mood.
Nicotine (tobacco)	Acetylcholine	Problems with memory, attention and arousal.	Acetylcholine (Foods: Fatty Cheeses, fatty fish and meats, egg yolks and cream)	Improved mood. Mental alertness. Increased concentration and focus.